

My Natural Birth Plan

During Labor



no medication



free movement



natural water
rupture



intermittent
monitoring



lights dim



water birth



no episiotomy



limited
cervical exams



no membrane
sweep



food and drink
for mama



no students
please



pitocin only if
necessary



vbaac



no IV please



Nitrous oxide



No forceps /
vacuum extraction



Lotus birth

After Delivery



immediate
skin-to-skin



delayed cord
clamping



save placenta



partner to
cut cord



breastfeeding
asap



no vitamin k



Oral vitamin k



no
circumcision



no eye
ointment



delay eye
ointment



no bath
for baby



delay exams
for bonding



no formula



no hepatitis b



limited
visitors



no pacifiers



donating
cord blood

